



Healthy Eating in Indian Country:



Effects of Alcoholic Beverages

Many people should not drink alcoholic beverages.

Do not drink alcoholic beverages if you:

- *cannot keep your drinking moderate;*
- *are pregnant or trying to become pregnant;*
- *are a child or teenager;*
- *plan to drive or operate machinery; or*
- *use any type of medicine.*

Risks of Alcohol Use

- The more you drink alcoholic beverages, the more you harm your health. Beer, wine, wine coolers, liquor, or mixed drinks all contain alcohol.
- Drinking alcoholic beverages may cause health problems. Drinking too much alcohol may cause cirrhosis of the liver and damage to the brain or heart. It may also increase your risk for many cancers.
- Drinking alcoholic beverages may worsen health problems that you already have.
- Drinking alcoholic beverages when you are taking any type of medicine, even over-the-counter drugs, may be harmful.
- Alcoholic beverages have only calories and do not contain the vitamins or minerals your body needs. Extra calories from alcoholic beverages may cause weight gain.

Moderation

- Moderate drinking is no more than 1 drink a day for women. Moderate drinking for men is no more than 2 drinks a day. Twelve ounces of beer, 5 ounces of wine, or 1-1/2 ounces of liquor count as one drink.
- Visit your local alcoholism or substance abuse program for more information on how to deal with problem drinking.

Alcohol During Pregnancy

Drinking any type of alcoholic beverage while pregnant can be harmful. When you take a drink, your baby does too. When alcohol reaches the baby, it may harm the baby's developing brain or heart. **Choose not to drink any alcoholic beverages while you are pregnant.**

If you drink alcoholic beverages, you might have a child with "fetal alcohol syndrome," called FAS for short. Babies do not get over FAS. They have it for life.

Babies with FAS:

- are small
- are slow or mentally retarded
- have deformed faces
- might have heart problems



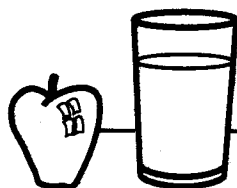


APPLE JUICE SPRITZER

Makes 4 servings, 7 ounces each

1-1/2 cups chilled apple juice
1 teaspoon lemon juice
2 cups chilled club soda

1. Chill glass.
2. Blend apple juice, lemon juice, and club soda together.
3. Pour into glass. Serve immediately.



Nutrition information for 1 serving

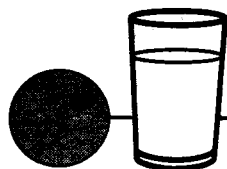
Calories = 44 Carbohydrates = 11 grams Protein = trace
Total Fat = trace Saturated Fat = trace Cholesterol = 0 milligrams Sodium = 28 milligrams

ORANGE FIZZ

Makes 4 servings, 7 ounces each

12 ice cubes
1 cup orange juice
2 teaspoons lemon juice
2 teaspoons honey
2-1/2 cups club soda

1. Crush ice cubes and divide among four 10-ounce glasses.
2. Mix together orange juice and lemon juice.
3. Add honey and mix well.
4. Pour 1/4 cup of mixed juices into each glass.
5. Divide the club soda among the four glasses. Stir briskly. Serve immediately.



Nutrition information for 1 serving

Calories = 37 Carbohydrates = 9 grams Protein = less than 1 gram Total Fat = trace
Saturated Fat = trace Cholesterol = 0 milligrams Sodium = 33 milligrams